

Kale Dip

Ingredients

- 1½ teaspoons **vegetable oil**
- 3 cups thinly sliced or chopped **kale**
- 1 clove **garlic**, minced or ¼ teaspoon garlic powder
- ⅓ teaspoon **salt**
- 1 cup low-fat **cottage cheese**
- ½ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper
- 1 Tablespoon **lemon juice**

Instructions

1. Wash hands with soap and water.
2. Heat oil in a pan over medium heat. Add kale, garlic and salt. Stir and cook until the kale is tender, about 3 to 4 minutes. Turn off the heat and let the kale cool.
3. Transfer kale to a blender. Add cottage cheese and puree until smooth.
4. Season with red pepper flakes and lemon juice. Serve right away or chill before serving.
5. Refrigerate leftovers within 2 hours.

